

# Effects of Bullying on Children

## **Children who are bullied tend to:**

- Experience further rejection from peers.
- Have lower self-esteem than other children.
- Feel more lonely, anxious, and insecure.
- Avoid and dislike school.

## **As children who bully grow up, they tend to:**

- Commit more crimes,
- Commit more driving offenses,
- Receive more court convictions,
- Report higher incidents of alcoholism,
- Experience more antisocial personality disorders,
- Use more mental health systems,
- And commit more spousal abuse

**than their nonaggressive counterparts.**

See the *Steps to Respect* Program Guide for references and more information.

## ***Steps to Respect* Definition**

*Bullying* is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.

# Bullying Behaviors

- Physically hurting or threatening to hurt someone
- Social exclusion
- Insults
- Name-calling
- Mean gossip and rumors
- Sexual Bullying

# Identifying Bullying Behavior

**Directions:** Place a “B” next to the situations that you think depict bullying behaviors.

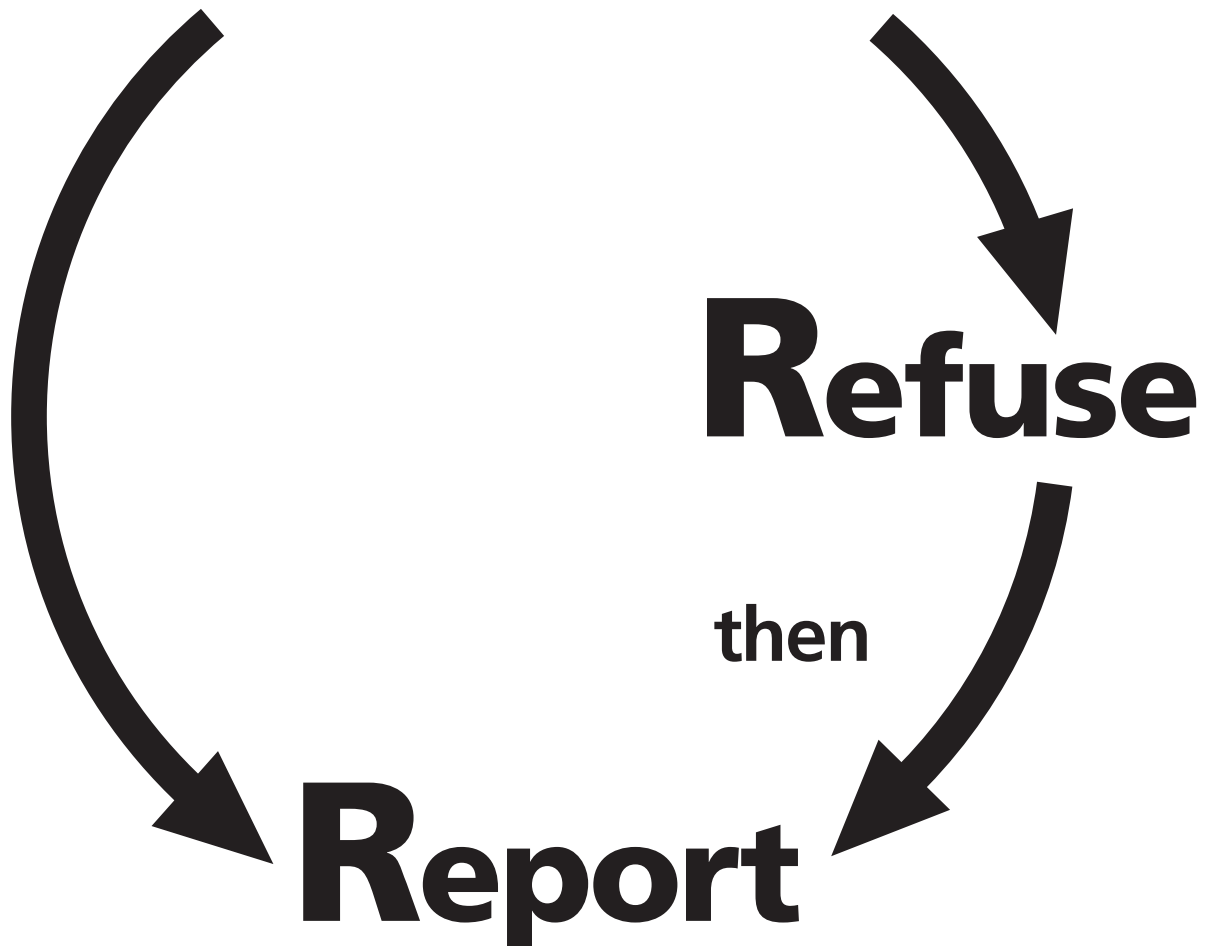
- 1. A bigger student keeps pushing a smaller student down on purpose.
- 2. A group of students always leaves out the new student during kickball games—even when she asks to play.
- 3. Best friends Molly and Amara fight about whose turn it is during a checkers game.
- 4. Keisha gets mad and calls Penny a name because Penny did not come to her birthday party.
- 5. Some students take Kenny’s jacket and play keep-away with it on the school bus. Kenny tells them to stop, but they don’t listen.
- 6. Three students always make fun of Benjamin’s hair. This makes him cry.
- 7. Teri and Jake yell at each other about cheating during a handball game.
- 8. A group of girls chase Tyler at recess and try to kiss him even though he has told them he doesn’t like it.
- 9. Jared and Mike wrestle a lot. One day, Jared’s arm gets hurt.
- 10. Tom and Martin flip up girls’ skirts at the water fountain every day at lunchtime. The girls tell the boys to stop, but the boys keep doing it.

# The Three Rs of Bullying

## Recognize

If you don't  
feel safe

If you do  
feel safe



## **Bullying prevention programs help:**

- Communicate clear standards about bullying and getting along with others.
- Interrupt unhealthy behavior patterns early and help children learn appropriate social skills.
- Provide students with resources, knowledge, and skills to help them cope with bullying situations.